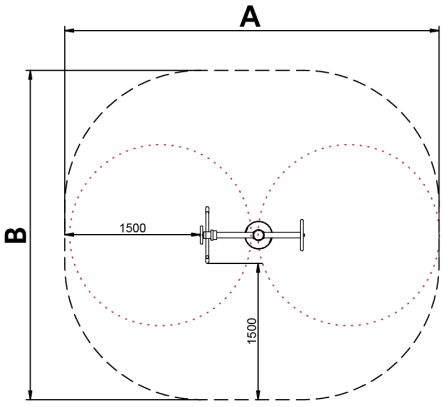
BAS-MOBILIAR

Biceps AD

JSA019D

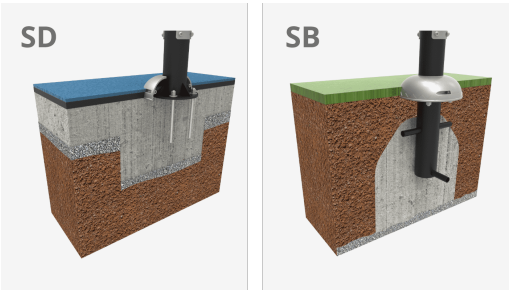
14+ Certified EN16630 product



The **healthy elements manufactured by BENITO** enable people to exercise in both public and private spaces, increasing their well-being and quality of life while boosting health and social relations.

- **Health functions:** improving cardiovascular and respiratory functions, strengthening muscles and enhancing agility, flexibility and coordination of movements.
- **Social functions:** creating leisure activities, promoting social integration and a more intensive recreational use of public spaces.

A x B			
A=4130mm	13m2	-m	2
B=3640mm			



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Materials:

Benefits: strengthen and develop upper limbs, pectoral, deltoid and bicep muscles.

Use instructions:

1. Stand in front of the equipment and grasp the handles with both hands, slowly pushing them and getting back to the initial position with a slow movement of resistance.

2. Stand in front of the equipment and grasp the handles with both hands, slowly pulling them and getting back to the initial position with a slow movement of resistance.

Structure, Metal: S235 galvanised and powder-coated steel tube. ø114mm x 3mm thick. Moving parts: ø60mm / ø48mm x 2mm thick. Connecting tubes: ø38mm / ø32mm x 2mm thick. Paint: 1 coat of powder paint consisting of a mixture of polyester resins, hardeners and pigments, free of lead and with high resistance to bad weather conditions. Colour combination: matte black and metallic grey RAL 9006.

Fixings: AISI 304 stainless steel screws.

Handles: thermoplastic rubber.

Seats / Covers: 6-10mm thick rotomoulded HDPE.

Pedals / Plugs: PP

- None of the materials requires a specific treatment for its disposal.
- If the product is subject to severe use, maintenance should be increased.
- Don’t use the product before the installation/maintenance is ready.
- Please check the maintenance instructions.

Biggest part (mm): 1310x685x1330 / Heaviest part (kg): 60.5

IMPACT ZONE: security area and ground coverings according to the EN1176-1:2017 standard.

Spare parts availability: 10 years.

Ground anchoring screws not included.

Playful features:

Alternatives:

JSA018D

JSA003D

JSA009D

JSA005D

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Benefits of exercicse

Instructions label

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